AN INQUIRY

Into the MERITS of a

METHOD of INOCULATING

THE

SMALL-POX,

Which is now practiſed in ſeveral Counties of ENGLAND.

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SMALL-POX,

With Observations addressed to Several Counties of IRELAND.

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METHOD OF INOCULATING THE SMALL-POX,

Which is now practiſed in ſeveral Counties of ENGLAND.

By GEORGE BAKER, M.D. F.R.S.

And Phyſician to HER MAJESTY's Houſhold.

THE SECOND EDITION.

LONDON:

Printed for J. DODSLEY, in Pall-Mall.

MDCC LXVI.

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TO THE READER.

IT was not untill very lately, that the Writer of these few pages had any intention of appearing in print on the present subject. He had made an inquiry concerning the method of conducting the process of Inoculation, which is now practised in several counties of England, in order to gratify his curiosity,

and in hopes of procuring ſome information, which might be uſeful to him as a Phyſician. But on receiving an account of the ill ſucceſs, which has lately attended Inoculation at Blandford, it occurred to him, that ſome benefit might poſſibly accrue to Mankind, if the Public had an opportunity of comparing the different reſult of different management; and of judging what method of treating the SMALL-POX, *according to the lights which we have at preſent received, may ſeem to deſerve the preference. With this view, he lays before the Reader a plain narrative of facts; to*

which occaſionally he has added a few reflections: But he leaves the full concluſion to be drawn from farther obſervation, and to be eſtabliſhed upon more inlarged experience.

PREFACE.

which occasionally he has added a few reflections: But he leaves the full conclusion to be drawn from farther observation, and to be established upon more enlarged experience.

HOW much ſoever ſuch a reflection may mortify the pride of Men of Science, it cannot but be acknowledged that the Art of Medicine has, in ſeveral inſtances, been greatly indebted to Accident; and that ſome of its moſt valuable improvements have been received from the hands of Ignorance and Barbariſm. This truth is re-

markably exemplified in the practice of INOCULATION of the SMALL POX; a practice which Chance ſeems to have firſt ſuggeſted; and of which ſome poor, unknown, illiterate Woman was probably the original diſcoverer.

Even in ſome of the more inlightened countries of Europe this practice has hitherto made but a ſlow progreſs; nay it ſtill meets with a moſt unreaſonable oppoſition from the obſtinacy of prejudiced Men, who have not only employed every plauſible argument, but have been guilty of diſingenuouſneſs and miſrepreſentation, in order to diſcountenance and ſuppreſs it. But it muſt be mentioned, to

the honour of the Phyſicians of our country, that very early the moſt reſpected part of them became its warm friends; and that (contrary to a well-known prediction) *they had virtue enough to deſtroy ſuch a conſiderable part of their revenue for the good of Mankind.* It reflects honour on their characters, that they meaſured not its value by the meanneſs of its origin, but by its real importance and utility; and that they patronized a barbarous diſcovery with no leſs zeal and affection, than if it had been their own. The ſame laudable ſpirit, which has ſo warmly engaged the Engliſh Phyſicians in the cauſe of Inoculation, ever ſince its firſt in-

troduction, will, it is hoped, incline them to hear with patient attention any propoſals, from whatever quarter they may come, which may tend to make this practice ſtill eaſier and ſtill leſs hazardous. He is an enemy to improvement, and is no Philoſopher, who faſtidiouſly, and upon meer ſpeculation, rejects what he has not brought to the teſt of experiment. One ſolid practical obſervation is of more real value, than all the unſupported theories, which the wit of Man ever invented: and it is a precept of Hippocrates, which ought to be held in reverence, αἰσχύνεσθαι παρὰ τῶν Ἰδιωτέων ἱστορέειν ἤν τι δοκέει ξυμφέρου εἰς καιρὸν θεραπείης.

Having heard various and very ſurprizing accounts of Inoculation, as it is at preſent practiſed by ſeveral Adventurers in this way, I had been deſirous of procuring ſome ſatisfactory information with reſpect to their management and its ſucceſs. Such an opportunity of information hath lately preſented itſelf to me. A Gentleman, whoſe accuracy in obſerving, as well as veracity in relating what he obſerved, may be relied on, hath favoured me with the following particulars, which he himſelf collected while his own Child was under Inoculation. I will not however take upon me to anſwer for this account being, in every part of it, abſolutely

perfect. If it be ſo in the general outlines, it will be ſufficient for my purpoſe; which is principally to ſhew what advantages in the Small-Pox are derived from a cool regimen and free air, and what dangers may be apprehended from a contrary management.

All perſons are obliged to go through a ſtrict preparatory regimen for a fortnight before the operation is performed. During this courſe, every kind of animal food, milk only excepted, and all fermented liquors and ſpices are forbidden. Fruit of all ſorts is allowed, except only on thoſe days when a purging medicine is taken. In this fortnight of preparation a doſe

of a powder is ordered to be taken, at bed-time, three ſeveral times; and on the following mornings a doſe of purging ſalt. To Children only three doſes of the powder are given, without any purging ſalt. The compoſition of this powder is induſtriouſly kept a ſecret. But that it conſiſts partly of a mercurial preparation, is demonſtrated by its having made the gums of ſeveral People ſore, and even ſalivated others.

The months of May, June, July, and Auguſt are preferred as the moſt ſeaſonable for Inoculation. But healthy People are inoculated at any ſeaſon of the year indifferently. The Autumn is held to be the worſt

ſeaſon; and an aguiſh habit the leaſt proper for this operation. No objection is made to any one on account of what is vulgarly called a ſcorbutic habit of body, or bad blood. The appearance of the blood is not looked upon to be of any conſequence, or to be a certain criterion of a good or bad ſtate of health.

The Perſon, who is to be inoculated, on his arrival at the houſe, uſed for this purpoſe, is carried into a public room, where very probably he may meet a large company aſſembled, under the ſeveral ſtages of the Small-Pox. The Operator then opens a puſtule of one of the company, chuſing one where the mat-

ter is in a crude ſtate; and then juſt raiſes up the cuticle on the outer part of the arm, where it is thickeſt, with his moiſt lancet. This done, he only preſſeth down the raiſed cuticle with his finger, and applieth neither plaſter, nor bandage. What is extremely remarkable, he frequently inoculates people with the *moiſture* taken from the arm before the eruption of the Small-Pox, nay within four days after the operation has been performed. And, I am informed, at preſent he gives the preference to this method. He has attempted to inoculate by means of the blood; but without ſucceſs. If the Operator happeneth not to be at home when the new Patient ar-

riveth, this is looked upon as a matter of no importance. And ſo far is he from any apprehenſion of accumulating infection, that it is very common for perſons, juſt inoculated, to lye in the ſame bed with a Patient, under any ſtage of the diſeaſe, as it may happen; nay ſometimes in a room, where four or five people are ſick.

On the night following the operation the Patient takes a Pill. This medicine is repeated every other night, until the fever comes on. All this time moderate exerciſe in the air is ſtrongly recommended.

In twenty four hours after the Inoculation, the Operator can often diſtinguiſh whether or

no the Patient be infected. He every day examines the incision; and from thence ſeems to prognoſticate, with ſome degree of certainty, concerning the degree of the future diſeaſe. In three days after the operation (provided that it has ſucceeded) there appears on the incision a ſpot, like a Flea-bite, not as yet above the ſkin. This ſpot by degrees riſes to a red pimple; and then becomes a bladder full of clear lymph. This advanceth to maturation like the variolous puſtules, but is the laſt which falleth off. In proportion as the diſcoloration round the place of incision is greater, the leſs quantity of eruption is expected. And therefore whenever only a ſmall

diſcoloured circle is obſerved, purging medicines ſtronger than ordinary, and more frequently repeated, are held to be neceſſary. There never is any ſore in the arm, or diſcharge; but conſtantly and invariably a large puſtule.

The preparatory diet is ſtill continued. If the fever remains ſome hours without any tendency to perſpiration, ſome acid drops are adminiſtered, the effect of which is to bring on a profuſe ſweat. But in ſome caſes, where the fever is very high, a powder, or pill, ſtill more powerful, is given. Indeed while my Friend continued in the houſe, no ſuch pill or powder was given; and he ne-

ver ſaw the acid drops adminiſtered more than twice. In general during the burning heat of the fever the Inoculator gives cold Water. But, the perſpiration beginning, he orders warm Baum-Tea, or thin Water-Gruel. As ſoon as the ſweat abates, the eruption having made its firſt appearance, he obliges every body to get up, to walk about the houſe, or into the garden. From this time to the turn of the diſeaſe he gives Milk-Gruel *ad libitum.*

On the day following the firſt appearance of an opake ſpot on the puſtules, to grown people he gives one ounce of Glauber's purging ſalt. To Children he gives a doſe of it proportioned

to their age. Then, if the eruption be ſmall, he allows them to eat a little boiled mutton, and toaſt and butter, and to drink ſmall beer. But, in caſe of a large eruption, he gives them, on the third day after their having taken the firſt doſe, another doſe of the ſame ſalt, and confines them to the diet ordered during the preparation. Imagining this not to be the common practice, my Friend aſked why purging phyſic was given ſo early. The anſwer was, that this was done in order to carry off the matter which might appear afterwards in boils, &c.

From April 20, to May 20, between forty and fifty People were inoculated in one houſe;

every one of whom my Friend ſaw walking about during the whole time of the diſeaſe, except when the eruption was making its firſt appearance.

The Inoculator wiſheth his Patients not to alter their diet above fourteen days before they come to his houſe; for he thinks that the benefit, ariſing from preparation, is principally derived from a ſudden change of diet, and evacuations ſuddenly made. He ſays, he never found any ill effects ariſe from the Patient being reduced very low; and that generally the lower they are reduced, the more favourable is the diſeaſe.

The ſame Perſon has ſeveral times inoculated the Meaſles.

This he does by wetting his lancet with the fluid which is apt to flow plentifully in that diſeaſe from the corner of the eyes.

What follows is extracted from a letter of a very worthy and ſenſible, as well as learned Clergyman, who lives in the neighbourhood of the Perſon, of whoſe practice I have attempted to give ſome account.— "You "ſeem to aſcribe his ſucceſs to "his allowing his Patients a "free uſe of air. It is very "certain, that ſufficient air is "allowed. But the truth is, his "Patients, in general, are never "in a ſituation to require any "nurſing. It is certainly his "preparation, which diſpoſeth "the body to receive the infec-

" tion ſo ſlightly. I incloſe to
" you the directions which he
" gave for my Children. Four
" days after Inoculation, upon
" finding that the infection had
" taken place, he gave me three
" ſmall Pills for them. The
" youngeſt took two, but not
" on the ſame evening; the el-
" deſt one. The Pills operated
" on them as a purge; but I
" hear, many find no effect at
" all from them. The eldeſt
" Child, I imagine, took one
" Pill only for this reaſon; be-
" cauſe the ſeveral doſes of pow-
" der, taken during the prepa-
" ration, had upon her ſtronger
" effects, than upon the young-
" eſt. From taking the firſt
" doſe her breath became fetid;

"her gums looked inflamed,
"and continued ſo, till ſhe had
"taken purging phyſic, after
"the diſeaſe was at an end.

"My Children began to com-
"plain on the eighth day. The
"eldeſt, after one night's ſlight
"fever, threw out fifteen puſ-
"tules. On the next morning
"ſhe was perfectly well, and
"played as uſual. The young-
"eſt had not the eruption quite
"ſo ſoon; but went through
"the diſeaſe in the ſame eaſy
"manner. No confinement,
"even to the houſe, was requir-
"ed, except during a few hours,
"while the fever continued. A
"Clergyman, aged between for-
"ty and fifty years, was with
"us, and was inoculated at the

"same time. All his confine-
"ment was during part of one
"day; and that, I believe, not
"thro' neceſſity; for in the eve-
"ning I walked with him in the
"fields. All, who follow the
"directions ſtrictly, come off in
"this eaſy manner. Now and
"then it hath happened, that
"a Patient hath ſuffered by his
"irregularity, that is, hath had
"a plentiful eruption. But
"danger ſeems out of the queſ-
"tion; and, in ten years prac-
"tice, our Operator hath not
"loſt one Patient."

Auguſt 11, 1765.

Since the date of this letter, as I am informed by the ſame Gentleman, two Perſons have

died under the care of this Inoculator; firſt — Cole, an hard drinker, who had been juſt cured of an ague, which he had had between five and ſix months. This he kept a ſecret. The ſecond was a Lady, who had wilfully neglected every direction; and, among other irregularities, had taken large quantities of ſpirits of hartſhorn during the diſeaſe.

What is above written is to be conſidered as relating only to the practice of one Gentleman. There are, in different parts of the Country, ſeveral other Inoculators, ſome of whom are ſaid to have ſurpaſſed this Perſon in the boldneſs of their practice. We have heard of Patients, who

have been carried into the fields, while ſhivering in a *rigor*; of their having been allowed no liquor, except what they have been able to procure for themſelves at the pump, while the fever has been upon them; and of their having been indiſcriminately expoſed to the air, in all ſorts of weather and in all ſeaſons, during every period of the eruption. This and more hath been related upon good authority: And indeed it is certain that many thouſands of all conſtitutions and ages, even to that of ſeventy years, have within theſe few years been inoculated according to the general method above deſcribed; and in general have gone through the diſeaſe almoſt with-

out an unfavourable ſymptom. According to the beſt information, which I can procure, about ſeventeen thouſand have been thus inoculated; of which number no more than five or ſix perſons have died.

With reſpect to preparations of Mercury and Antimony, it muſt be left to future experience to decide how far they are of importance in the preparatory regimen. Much leſs can I take upon me to aſcertain their effects, when given either in the variolous fever, or after the eruption; in both which caſes it is ſuppoſed, that a medicine, compounded of Kermes Mineral, and Calomel, is often adminiſtered. Perhaps this prac-

tice took its riſe from a favourite opinion of Boerhaave, that Mercury and Antimony were antidotes capable of extinguiſhing the variolous poiſon; an opinion ſuggeſted to him by theory, and never confirmed to him by experiment. However there are ſeveral Phyſicians of credit (and among the reſt Dr. Andrew of Exeter) who do inſiſt ſtrenuouſly on the good effects of Calomel, given before Inoculation: * And it appears, on the autho-

*Dr. Roſen, in the acts of the Academy of Sciences in Sweden, for the year 1751, publiſhed a medicine uſed by him with a view to prevent the confluent Small-Pox in Children, or at leaſt to mitigate their violence. This he calls his preſervative Pills. They are made as follows. ℞ Calomel. rite præparat. Extract. Aloës Aquoſ.

rity of Dr. Huxham, that Dr. Benjamin Gale, of Connecticut in New England, ſince he has given Mercury and Antimony in preparing Perſons for Inoculation, has loſt only one Patient out of eight hundred inoculated; whereas before he gave this medicine, he uſually loſt one Patient out of one hundred. But

ā gr. xv. Reſin. Guaiac. gr. xxv. m. f. Pilulæ pond. gr. ij. In the four or five firſt weeks, theſe Pills are to be taken twice each week in the evening. He generally gives three Pills to Children of two years; four to thoſe of three years; ſix to thoſe of five years. To Children from the age of two to nine years, he preſcribes theſe Pills; and aſſerts that not the leaſt inconvenience has been perceived by thoſe, who have taken them for two or three months. This medicine is not to be any longer taken, after ſigns of the Small-Pox have appeared.

there are others, who having prepared their Patients, ſome of them with, and ſome without Mercury, ſeem not to be ſatisfied that any real advantage is gained by it. That, in particular caſes, it may be very proper, can admit of no doubt. Where foulneſs of bowels or worms are ſuſpected, Calomel is likely to be the beſt purge: But every Phyſician muſt have obſerved certain conſtitutional antipathies with reſpect to Mercury. That, in general, two or three doſes of ſome purging medicine ought to be given, almoſt all Inoculators have agreed: And it was obſerved by Sydenham, "that repeated purging, before "the infection, for the moſt part

"rendered the ſubſequent Small-
"Pox of a mild and diſtinct
"kind."

M. Gatti, who, ſome time ago, was much employed in Inoculation at Paris, declares himſelf an enemy to any general plan of preparation. In all the Levant, ſays he, where the natural Small-Pox is as fatal as elſewhere, and where you may find old Women, who have inoculated ten thouſand People without an accident, the only inquiry is whether or no a Perſon is prepared by Nature. All that is conſidered, is, whether the breath be ſweet; the ſkin ſoft; and whether a little wound in it heals eaſily. Whenever theſe conditions are found, they

inoculate without the leaſt apprehenſion of danger. What is ſaid by M. Gatti of the abſurdity of laying down any general uniform rules of preparation, without regard to the difference of age, or conſtitution, does appear to be founded on reaſon. And yet it is certain, that our Adventurers, who always give the ſame medicine, only proportioning the doſe to the age, may look on themſelves as juſtified by their ſucceſs. Perſons, the moſt free from diſeaſes, are the propereſt ſubjects for Inoculation. But high health is apt to border on diſeaſe; and undoubtedly high health is not the ſtate, which one would prefer for the reception of a diſeaſe, in

which men of the ſtrongeſt habit are often the greateſt ſufferers. Upon the whole, were it neceſſary to lay down on this ſubject any general direction, it would ſeem ſafer to follow theſe Gentlemen in their preparatory regimen, than thoſe, who contend that all preparation is always ſuperfluous.

But the principal advantage of this method ſeemeth to be derived from the free uſe of cold air, in which theſe Gentlemen have indulged their Patients, through the whole proceſs of the diſeaſe, in a much greater degree, than what has generally been allowed. The great error, and which, I fear, has been fatal to thouſands, has been a

notion originally imbibed from falſe theory, that it is neceſſary to drive the poiſon, as ſoon as poſſible, from the Heart to the Skin, by cordials; and to prevent its retroceſſion from the Skin by keeping the Patient in cloſe and heated air. I fear, it is true, that even they, who have held different tenets, have ſometimes fallen ſhort of their own profeſſions. Although, in opinion, advocates for the cool regimen, they have, in reality, not carried it fully into execution. They have ſometimes yielded (as Sydenham acknowledgeth he was obliged to yield) to the inſuperable prejudices of Nurſes; and have ſometimes given up their judgment in or-

der to ſave their reputation, in a diſeaſe, the event of which will ever be uncertain, whatever may be the management. In fact, if we inquire in many parts of this country how the Small-Pox is generally treated, we find very little partiality to the doctrine of Sydenham. Much oftener are the directions, laid down by Riverius, implicitly followed, nay even exceeded by a warmer regimen than was by him required. "Æger in loco cali-
"diuſculo detineatur, quo cutis
"pori aperiantur, & Variola-
"rum eruptio adjuvetur. Ideo
"detinendus eſt in cubiculo
"bene clauſo, quod aër frigi-
"dus nullo modo ingrediatur."
It is worthy of our curioſity

to trace Sydenham (whoſe pieces upon this ſubject are particularly eſteemed) through the ſeveral parts of his writings, where this diſeaſe is mentioned, and through their ſeveral editions. If we do this, it will appear greatly to the honour of that careful obſerver, that he did not attach himſelf to an opinion with a precipitate and factious zeal; but that he was led on to truth diſpaſſionately, by ſlow degrees, and through a long courſe of experience *. And here it is

*The different manner, in which he recommends his favourite cooling liquor, in the ſeveral editions of his *Methodus curandi Febres*, is an inſtance of what is here obſerved.

In the firſt edition he ſays —*Non impediret* quo minus tenuiorem cereviſiam,

very obſervable, that he became a greater Patron of the cool regimen in proportion to the progreſs which he made in the knowledge of the diſeaſe. * When he firſt entered upon practice, he found Phyſicians greatly divided in their opinions

toſto pane paululum tepefactam, interdum biberet, quem nonnunquam etiam deguſtaret ſuo arbitrio.

In the ſecond —— Cereviſiam tenuiorem, pane toſto leviter tepefactam, *pro potu ordinario*, ac nonnunquam pro arbitrio deguſtandam *concedo*.

In the third——Cereviſiam tenuiorem, pane toſto leviter tepefactam, pro potu ordinario, ac nonnunquam pro arbitrio *hauriendam* concedo.

In the fourth — Cereviſiam tenuiorem, pane toſto leviter tepefactam, pro potu ordinario, ac *ſubinde* pro arbitrio hauriendam concedo.

* See T. Sydenham Meth. Curandi febres, Londin. 1666.

with reſpect to the proper treatment of the Small-Pox; one Party contending for the neceſſity of the antiphlogiſtic method, in order to check the too great ebullition of the blood; the other Party as ſtrenuouſly inſiſting on the neceſſity of cordial medicines, and a very warm regimen, in order to imitate Nature, and to expel the malignity of the diſeaſe from the center of the body to the circumference. Both Parties, we find, had nearly equal influence with the World; and Sydenham was perſuaded that a great number of Patients had fallen victims to both hereſies. He profeſſeth his opinion to be in the middle of the two extremes.

He appears greatly afraid of bleeding, and of expoſing his Patients to the injuries of the air, leſt the eruption of the puſtules ſhould be checked; and, in particular caſes, he allows a cordial both before, and after the eruption. But, from the very beginning, it is obſervable that he leans towards the cool method. "If my own Son, ſays he, "was to have the "Small-Pox, (unleſs ſomething "extraordinary was to happen) "I would not ſuffer him to "keep his bed till the firſt ap-"pearance of the eruption; nor "would I allow more fire in "the room, or more cloths on "the bed, than what he is ac-"cuſtomed to, when in health."

What he ſays concerning thoſe, who paſs through *the period of ſeparation* in an eaſy manner, is worthy of obſervation. "I am pleaſed," ſays he, "with ſuch "a caſe, not only becauſe my "Patient has ſuffered but lit-"tle; but becauſe not having "been conſcious of his diſorder, "and therefore having enjoyed "the benefit of the free air, he "is much better prepared for "*the ſecretion of the matter*, "than if he had been put un-"der an hot regimen, and tak-"en I know not how many cor-"dial medicines." Nay in caſe of the fever being very high, he orders either bleeding, or ſome medicine extremely cooling, or the uſe of free air. And

he mentions the caſe of ſeveral People, who, in a *delirium*, eſcaped death by flying from their Nurſes, and expoſing themſelves to the cold air of the night; and of others, who after having been deſpaired of, were recovered by means of drinking cold water.

In the next edition of the ſame work (viz. that of the year 1668) he appeareth to have advanced a ſtep farther. In the ſummer, provided that the eruption be not very numerous, he allows his Patient to get up every day; and is of opinion that the diſorder, thus treated, goes through its ſeveral ſtages with leſs trouble to the Sick, and in leſs time, than if he be confined

in bed; which is apt to increaſe the feveriſh heat, and to render the inflammation of the puſtules more painful. Even under the circumſtances of cold weather, and a great number of puſtules, his directions with reſpect to the heat of the chamber, and to the cloths on the bed, are preciſely the ſame, as above. However he does not as yet appear to have quite forgotten his *veteres aviæ*. Several inſtances might be given in proof of this obſervation; particularly where he ſeems to lay ſome ſtreſs on Milk and Saffron after the eruption.

In his edition of the year 1676, he ſeems ſtill more confirmed in his opinion of the propriety of the cool method; and

he here expreſſeth himſelf with greater warmth and vehemence againſt the prepoſterous method of forcing out the eruption. Nay he defyeth his Adverſaries to produce one inſtance of a Patient, who dyed, becauſe Nature had not power to throw out the eruption, unleſs only when obſtructed by Cordials. Likewiſe he here goeth ſo far, as to attribute two moſt formidable ſymptons, viz. bloody urine, and purple ſpots, to the premature confinement of the Sick in bed. He adds that even the nature of the diſeaſe is changed by an hot regimen; and that, by ſuch means, the Small-Pox is apt to turn out confluent, which otherwiſe would have been diſtinct.

With reſpect to a mild cordial, which he orders to be taken at leaſt once on the fourth day, in caſe that the eruption doth not proceed according to his wiſhes, it is to be obſerved that he means nothing more than a ſmall quantity of *Diaſcordium* or of *Laudanum*; and that he gives this with a view to bridle the impetuoſity of the blood, and to aſſiſt Nature, by quieting the tumult. At the time of the incruſtation, he gives 3 or 4 ſpoonfuls of Canary-Wine; and adds that, before this time, there is no room for Cordials. As to the repercuſſion of the variolous matter, and a *Diarrhœa*, in conſequence of cold, he ſeems to think that they have been

thought to happen much oftener than in reality they have happened. In the confluent Small-Pox, where there is an higher degree of inflammation, he ſays, more cooling is neceſſary. And yet, ſince it is impoſſible for the Patient to ſit up on account of the number of painful ulcerations; and ſince the ſwelling of the face and hands muſt be promoted; he adviſeth that he keep his hands in bed, provided that there be not many cloths, and that he be allowed to change his ſituation at pleaſure.

In the year 1681 (as appeareth from his *Diſſertatio Epiſtolaris* addreſſed to Dr. Cole) Sydenham was clearly convinced

by experience of what his reaſon before that time had ſeemed to have pointed out to him, that a Patient ought not to be confined to his bed untill the complete eruption. He had now been taught that the number of puſtules (on which the danger of the Small-Pox dependeth) is increaſed by no means ſo much as by confinement in bed before the evening of the ſixth day from the invaſion. And even then he does not ſeem to confine his Patients to their bed on any other account, (for he obſerveth that want of ſleep, and a *delirium* are apt to be the conſequences of lying in bed) than that of neceſſity, ariſing from the ſoreneſs of the puſtules, when

many, and the faintneſs which generally happeneth on ſitting up. Nay if the weather be hot, the Patient young, and uſed to ſtrong liquors, he thinks it neceſſary to expoſe him to the free air, and to prevent a precipitate eruption by all means poſſible; for which purpoſe he thinks the admiſſion of free air more efficacious than bleeding; eſpecially if bleeding be followed by an hot regimen. He alloweth that ſitting up in the firſt days of the diſeaſe retardeth the eruption; and in conſequence that it prolongeth the ſickneſs, and the other ſymptoms, which depend on the check put to the eruption. But he contendeth that there is

much leſs danger to be apprehended from this inconvenience, than what would ariſe from a contrary management. In a word, through the whole of this diſſertation, he argueth upon this general doctrine, that it is a Phyſician's buſineſs firſt *to hinder the precipitate aſſimilation of the variolous matter* (towards doing which nothing is of ſo much conſequence as freſh air) and afterwards to uſe every cooling method, as far as circumſtances will admit.

When one conſiders the frequent complaints, which Sydenham makes of the inveterate prejudices of Phyſicians, as well as of Nurſes, in favour of hot air and hot medicines;

and the frequent embaraſments under which he appeareth to have laboured in his practice in the Small-Pox on that account, it is natural to imagine that he did not often dare to carry the cool regimen to the full extent of his own idea of its propriety. Indeed he owns that he was ſometimes obliged to give way to the obſtinacy of others. What Dovar tells us of his own caſe, as treated by Sydenham, ſeems to prove, that, where he was at full liberty, and when he had Patients who were obedient, he carried the cooling method beyond what he acknowledged in his writings. For inſtance, he tells us, "as ſoon as evident "ſigns of the Small-Pox have

"appeared, *ægrum aurâ liberiore interdico.*" And yet here is a teſtimony of one of his Patients, who aſſerteth, that he went abroad, by his Phyſician's advice, until he was blind. "Whilſt I lived," ſays Dovar, "with Dr. Sydenham, I had "myſelf the Small-Pox, and "fell ill on *twelfth* day. In "the beginning I loſt twenty "two ounces of blood. He "gave me a vomit; but I find "by experience purging better. "I went abroad, by his direc-"tion, 'till I was blind, and "then took to my bed. I had "no fire allowed in my room. "My windows were conſtantly "open. My bed-cloths were "ordered to be laid no higher

" than my waiſt. He made me
" take twelve bottles of ſmall
" beer, acidulated with oil of Vi-
" triol, every twenty-four hours.
" I had of this anomalous kind
" to a very great degree; yet
" never loſt my ſenſes one mo-
" ment." Would the moſt zea-
lous admirer of Sydenham dare
to go ſuch lengths on the au-
thority even of his lateſt works?
What then can we think of
Morton's aſſertion; who, after
having ſaid, that the cool me-
thod of treating the Small-Pox
had been followed with fatal
effects to ſeveral of Sydenham's
Patients, and with diſgrace to
the Phyſician, adds, " quam
" ob cauſam (ut mihi narratum
" eſt) in poſtremis vitæ annis diſ-

"ciplinæ hujus rigorem ipſe "quadantenus relaxavit?" Is not this to be diſregarded, as the hear-ſay evidence of a prejudiced Adverſary? We know, that Sydenham did not live more than four years, after he publiſhed the ſecond edition of his *Diſſertatio Epiſtolaris*; in which book the cool regimen is as earneſtly defended as in any part of his works. Nay, what is ſtill ſtronger, in his treatiſe *de febre putridâ variolis confluentibus ſuperveniente*, an edition of which, inlarged and corrected, he publiſhed only one year before his death, (in which book he profeſſeth to communicate ſome late obſervations) he repeats the very ſame doctrine with reſpect

to the dangers arising from an early confinement in bed, ſweating, &c. And indeed it would be extremely injurious to the character of the good Sydenham, to ſuppoſe that he would, almoſt on his death-bed, ſo warmly have recommended to Poſterity a practice, from which he had found reaſon to recede.

I have purpoſely been thus particular in examining the practice of Sydenham, in order to ſhew, that it has all the marks of having been built on the ſolid foundation of the experience of many years. I need not ſay how likely it is, that a practice, thus founded, ſhould deſerve imitation. Whether the Inoculators (of whom

an account is given above) had or had not the authority of Sydenham in their eye; the improvements introduced by them, ſeem principally to depend on their having carried Sydenham's notions into execution with greater latitude and extent, than he himſelf ever ventured to do. Indeed they have almoſt made it certain, that we can hardly err in purſuing the cold regimen. What can be a ſtronger confirmation of this than the following fact, related by the elder Dr. A. Monro? "I have "good information," ſays he, "of one hundred and twelve "People being inoculated in the "middle of winter, in ſome of "our moſt northern iſles, where

" there was ſcarce fewel enough
" to prepare victuals, and many
" of the inoculated went abroad
" bare-footed in ſnow and ice;
" and yet not one of the whole
" number died." Let any one reflect on the ſituation of theſe poor people, in that northern climate, and almoſt deſtitute of fewel in the depth of winter, (moſt probably having had little or no preparation) and yet all recovering from inoculation — and then let him, if he can, defend the benefits, which ariſe from the warmth of a bed, from nurſing, and from cordials.

It would be an acquiſition of the higheſt importance to mankind, if from theſe premiſes ſome practical concluſions could

be drawn, which might ſuggeſt to Phyſicians a more efficacious method, than is at preſent in their hands, of treating the natural Small-Pox; which, it muſt be acknowledged, is too frequently found to be a moſt intractable diſeaſe. The hiſtory, recorded by Sydenham, of the young man at Briſtol, who owed his recovery to his being laid out on a table, as if dead, is ſufficiently known. To this hiſtory there is a great reſemblance in a caſe, which is mentioned by Dr. Kirkpatrick, as having happened in Carolina. "Mr. Benjamin Marych had a "violent natural confluence in "the hot weather.—His atten-"dants thought him dead;

" upon which the ſaſhes were
" immediately ſet open; and
" a freſh quantity of air, or poſ-
" ſibly a wind ruſhing in, pro-
" duced a freſh reſpiration and
" motion in the Perſon who
" was thought dead. When
" this was obſerved, they went
" to put them down again. The
" Patient, who ſaw it, and was
" ſpeechleſs, but ſenſible of the
" alteration and benefit, beck-
" oned with his hand to pre-
" vent them; and by degrees in-
" tirely recovered."

Another caſe of the ſame kind, is atteſted by a Gentleman of great judgment and experience, and whoſe veracity is undoubted. The following is his account of it. " In the

"year 1736, a Man, who lived
"as ſervant with Mrs. Brode-
"rep, one of the Daughters of
"Archbiſhop Wake, in Great
"Ormond-Street, had the con-
"fluent Small-Pox; and, on
"the evening of the 15th or
"16th day, his life was intire-
"ly deſpaired of. On the next
"morning, when I went ra-
"ther to inquire after him, than
"to viſit him, the Nurſe's re-
"port was, that he had grown
"worſe and worſe 'till 2 or 3
"o'clock in the morning; at
"which time that he ceaſed to
"breathe, became inſenſible and
"motionleſs, and appeared to be
"abſolutely dead. About 5 or
"6 o'clock in the morning the
"body was removed and placed

" on a large table, near an open
" window, with no covering
" except only a ſhirt. No ſign
" of life appeared; but the
" body continued hotter than
" common after death. This
" heat however the Nurſe attri-
" buted to the weather. In
" this ſtate he had remained
" about an hour; when the
" Nurſe heard a ſort of ſigh, or
" faint breathing; and it was
" obſerved, that he had moved
" his arms acroſs his ſtomach.
" Being raiſed up, with ſome
" difficulty he took a ſpoonful
" of a cordial medicine, order-
" ed for him on the preceding
" day; and as ſoon as he was
" able to ſpeak, he ſaid that the
" cold air was very refreſhing.

"Being carried back to the "bed, he fell into a ſweat, and "ſlept 3 or 4 hours. About "this time I ſaw him. His "pulſe was now equal and "ſtrong; his reſpiration better "than it had been for ſeveral "days before; and his ſenſes "perfect. The door and win-"dows were left open; and in "a few days the Man was quite "out of danger."

Dr. Huck communicated to me an obſervation, which confirms the truth of what Sydenham mentions on the ſame ſubject. When he was at Oſwego, many Patients were brought into the hoſpital with all the appearances which promiſe a mild kind of the Small-Pox. The hoſpital

being much crouded, the eruption grew more and more numerous, at laſt became confluent, and many of the men died. It was likewiſe obſerved by Dr. Huck, that both Soldiers and their Children, who were taken ill on a march, and were obliged to be carried on, generally had the Small-Pox in a favourable manner. Even the Small-Pox communicated by Inoculation, which in general are ſo mild, that they rather appear another ſpecies of diſeaſe, than a milder kind of the ſame ſpecies with the natural Small-Pox, are capable of becoming moſt malignant and fatal under improper management. Of this ſeveral examples might be pro-

duced. Out of 384, who were lately inoculated at * Blandford, 150 were poor people, for whom the parish paid the Operators. Not one of these had the confluent Small-Pox; not one died. Of the rest, a great number were in danger from the confluent Small-Pox; and thirteen died. Such an event naturally calls to our memory a passage of Sydenham. "Facile erit vulgare istud problema solvere; quî fiat scilicet, ut perpauci adeo è "Plebe hoc morbo pereant, si "ad eos comparentur, qui inter

* According to Dr. Kirkpatrick's information, in the year 1753, 309 Persons were inoculated in the town of Blandford; out of which number 3 died.

"Divites eodem trucidantur. "Quod quidem vix ad aliam "cauſam poteſt referri, quam "quod vix illis fiat copia ſibi "nocendi."

Dr. Pultney, a very ingenious Phyſician at Blandford, has favoured me with an account of this late unfortunate Inoculation: which account, as it appears to be of importance to the ſubject of this little Eſſay, I have his permiſſion to ſubjoin.

DEAR SIR,

I Comply with your requeſt the more chearfully, ſince I find that ſuch accounts, with reſpect to the ill ſucceſs of Inoculation in this Town, have been induſtriouſly propagated, as may, with unthinking and prejudiced People, tend to bring diſcredit on a practice, which is of great and general benefit to mankind; and which, notwithſtanding any partial or local miſcarriage that may now and then happen to it, every friend of Society would wiſh to ſee more univerſally prevailing.

From the table annexed, you will ſee that out of 384 Perſons, who have been inoculated, 13

have died. It muſt be allowed that ſuch a proportion of deaths is greater than what has been uſual under Inoculation. Although I do not take upon me to account for this failure, (not having been at all concerned in inoculating any one, my own ſervant excepted) yet in order to throw all the light that I can upon the cauſes of theſe misfortunes, I now ſend you as exact an hiſtory of the whole tranſaction as it has been in my power to collect.

The circumſtances which both preceded, and attended our Inoculation, were ſuch as would not give one grounds to expect the beſt ſucceſs from it.

It muſt then be obſerved, that the Small-Pox have lately pre-

vailed univerſally over many parts of the Weſt of England; and have been of a very malignant and deſtructive kind. From an account given by Dr. Andrew of Exeter, it appears that out of 44 Patients, whom he attended in the ſpace of 8 months, under the natural Small-Pox, 25 died, all of the confluent ſort, and accompanied with purple ſpots. I am credibly informed likewiſe, that, at Lyme in this County, out of about 250 People, who have had the diſorder in the natural way, 60 at leaſt have lately died. Of the few, who were ſeized with the diſtemper at Blandford before Inoculation was reſolved on, a great proportion died under very malignant

ſymptoms. Likewiſe ſeveral of thoſe, who ſunk under Inoculation, had ſymptoms of the higheſt putridity, ſuch as hæmorrhages, *petechiæ*, and miliary puſtules, before the eruption of the Small-Pox could be completed. How far therefore a conſtitution of the air, which ſeemed to favour the natural malignity of the diſeaſe, eſpecially under circumſtances which will hereafter be mentioned, may be allowed to have operated on inoculated ſubjects, it is not for me to determine.

At the time when the Small-Pox firſt broke out at Blandford, it is ſuppoſed that there were in the Town at leaſt 700 Perſons, who had not had that

diſorder. Inoculation therefore became a deſirable object as well for the preſervation of individuals, as for the general intereſt of the Town. But I fear that the univerſal hurry and precipitation, with which this buſineſs was undertaken, was a fundamental error, from which much of our misfortune was derived. A perfect rage for Inoculation at once ſeized the whole Town and Neighbourhood. It was no ſooner thought of, than done. The diſtemper broke out in the firſt week of April; and on the 13th of that month a general Inoculation was agreed upon. On the 16th a great number of People ſubmitted to the operation; and within about a week from that

time, I believe the number of the inoculated amounted to near 300. It is natural to ſuppoſe that many People would thus receive the infection improperly. I do not here enter into any argument concerning the neceſſity of preparation in all ſubjects. The propriety of ſome preparation (if at leaſt we take the word in an extenſive ſignification, and as reſpecting the generality of ſubjects) will be univerſally granted. The Practitioners in phyſic endeavoured in vain to repreſent to their Patients the impropriety of receiving the infection ſo raſhly. The impatience of ſome was ſo great, that they left their accuſtomed Apothecaries for the

ſake of being inoculated a day or two ſooner. A preparatory courſe was deſpiſed. The general ſucceſs of Inoculation, in other places, had ſo prejudiced the minds of the People in its favour, that they were perfectly careleſs and ſecure about the conſequences; and had not the leaſt apprehenſion of poſſible danger. It is certainly of great importance, that the regimen and diet of the Patients ſhould be intirely conducted by the Inoculator; as we well know what miſchief may be done by the vulgar prejudices, which ſtill prevail, with reſpect to the treatment of this diſeaſe; and how many advocates there are for the warm regimen among all ranks. And I need not men-

tion the inconvenience, arising to the Practitioner from that ſuperior excellence in managing the Small-Pox, which is claimed by Nurſes. In the preſent caſe, it muſt not be concealed, that the hot regimen was too much practiſed in ſeveral inſtances. And I muſt own, that, when I was called to ſome of the People, and ſaw how far this error had prevailed, I did not wonder that miſcarriages ſhould happen. It is needleſs to add to you, how mortifying it is to a Practitioner to be a witneſs of the miſchiefs, cauſed not only by hot things given during the eruptive fever, but eſpecially by the pernicious cuſtom of depriving the Sick of the benefit of freſh and cool air;

which, the more we ſee of the Small-Pox, the more reaſon we have to conclude to be one of the moſt powerful antidotes againſt their malignant effects. There is a fact, notorious in this place, which remarkably confirms ſuch an opinion. And one would have thought, it would of itſelf have been ſufficient to have convinced every inhabitant of the Town, that no great danger is to be apprehended from freſh air, in this diſeaſe. I allude to what happened at the time of the fire at Blandford, on the fourth day of June, 1731; at which time upwards of 150 Perſons were ill of the natural Small-Pox. All theſe, on account of the rapidity of the flames, were obliged to be car-

ried inſtantly into the fields, where many of them remained ſeveral days and nights. Beds were laid for them under the hedges, and under the arches of bridges, where, at that ſeaſon, the ground was dry; and yet, notwithſtanding this ſudden expoſure to the air, it is a fact, which many People well remember, and can teſtify, that one Perſon only died, viz. a young Woman, who was almoſt expiring at the time when ſhe was removed.

I am, Sir,

Your moſt obedient ſervant,

Blandford,
June 21, 1766.

R. PULTNEY.